



# **Tammy Taylor**

## **“Amazing Spa Pedicure Procedure”**

**Section One – Callus, Cuticle & Dry Cracked Skin** **25 minutes**

**Steps 1-1 thru 1-5** 10 minutes – **(Both feet)**

Sanitize, Remove Polish, File Toenails, Apply Cuticle Remover & File the Calluses.

**Step 1-6** 5 minutes – **(Both feet)**

Put feet into water, and Retail, Educate & Explain, 2-3 Products from your Display.

**Steps 1-7 thru 1-12** 10 minutes – **(One foot at-a-time)**

Remove foot, Massage in Callus Soft, Push back cuticle, Exfoliate, File Calluses with smoother side of Purple Foot File & put foot back into water.

**Section Two – Massage** **10 minutes**

**Steps 2-1 thru 2-4** 10 minutes – **(One foot at-a-time)**

Remove foot, Spray foot & leg with Revitalizer Spritz, Massage with Moisture Crème or Intense Massage Oil, wrap foot and set foot aside.

**Section Three – Polish** **10 minutes**

**Steps 3-1 thru 3-5** 10 minutes – **(Both feet)**

Buff, Scrub, Sanitize, Polish & Oil.

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Total 45 minutes

Also see Tammy’s ‘Pro’ web-video Nail Party Episode 21:

“Tammy ‘Teaches’ Amazing Spa Pedicure Procedure”

And Tammy’s ‘Consumer’ web-video Product Spotlight Episode 19:

“Take-Along Pedicure Accessory Kit”

## **Section One –**

### **Callus, Cuticle & Dry Cracked Skin - Steps 1-1 thru 1-12 = 25 minutes**

- **Note 1:** Concentrate on making the foot as smooth as possible
- **Note 2:** Do not soak the clients feet until steps 1-1 thru 1-5 are completed. Also, the first 5-Steps are done dry.

#### **Section One: Steps 1-1 thru 1-5 both feet = 10 minutes**

**Step 1-1: Sanitize** – Use the Tammy Taylor Sanitize-Sanitize-Sanitize.

**Available in 5 fragrances:** Peach, Vanilla, Coconut, Gardenia & Giorgio.

**Step 1-2: Remove the polish** – Use the Tammy Taylor ‘Acetone’ Polish Remover.

**Available in 4 fragrances:** Peach, Vanilla, Coconut & Gardenia.

**Step 1-3: File toenails** – File the toenails straight across, using the Tammy Taylor Nail Shaper File.

**Step 1-4: Apply Cuticle Remover** – Use the Tammy Taylor Peach Creamy Cuticle Remover and rub it in; wait until Step 1-9, to push back cuticle.

**Step 1-5: File the callus** – Use a DRY Tammy Taylor Purple Foot File on the DRY feet, using the coarse side of the file.

#### **Section One: Step 1-6 both feet = 5 minutes**

**Step 1-6: Feet into water** – Put both feet into water and let them soak for 5 minutes

- **During this Free 5 minutes:** RETAIL; EDUCATE; & EXPLAIN: 2-3 PRODUCTS from YOUR DISPLAY.

#### **Section One: Steps 1-7 thru 1-12 = 10 minutes**

**Step 1-7: Take out foot** – Take out the **Right** foot and towel dry.

**Step 1-8: Massage in Callus Soft** – Use the Tammy Taylor ‘AromaSpa Callus Soft’ or the ‘Peach Callus Soft’.

**Massage** the foot and leg up to the knee for 2 minutes with the Callus Soft (Do not rinse).

**Step 1-9: Push back cuticle** – Using a wet Tammy Taylor Cuticle Stone.

**Step 1-10: Exfoliate** – Use with the Tammy Taylor ‘Peach Scrub’, or mix the ‘AromaSpa Energizing Crystals’ & ‘AromaSpa Intense Massage Oil’ to make your own scrub.

**Massage** the foot and leg up to the knee for 2 minutes with the scrub (Do not rinse).

**Step 1-11: File the callus again** – Use the Tammy Taylor Purple Foot File WET; this time to smooth, using smoother side of the Purple Foot File.

**Step 1-12: Foot back into water** – Put the **Right** foot back in the water and rinse.

- **Repeat steps 1-7 thru 1-12** on the **Left** foot.

## **Section Two -**

### **Massage – Steps 2-1 thru 2-4 = 10 minutes**

- **Note:** Make sure you do a great massage; this will help insure a good tip.

**Step 2-1: Remove foot** – Remove **Right** foot from water and towel dry.

**Step 2-2: Spray foot** – Use the Tammy Taylor Revitalizer Spritz on the foot and leg up to the knee.

**Step 2-3: Massage** – Use the Tammy Taylor Peach Moisture Crème or the AromaSpa Intense Massage Oil.

Apply to the palm of your hand to warm; then **Massage** the foot and leg up to the knee.

- **Note: Massage** 5 minutes on foot and leg.

**Step 2-4: Wrap foot** – Wrap the **Right** foot in a towel and set it aside.

- **Repeat steps 2-1 thru 2-4** on the **Left** foot.

## **Section Three -**

### **Polishing – Steps 3-1 thru 3-5 = 10 minutes**

- **Note 1:** Steps to make sure your polish will last 3-5 weeks.
- **Note 2:** This section is done on both feet.

**Step 3-1: Buff all the toenails** – Use the Tammy Taylor Clean Finish Buffer Block.

**Step 3-2: Scrub all the toenails** – Use either the Tammy Taylor ‘Peach Anti-Bacterial Soft Soak’ or the ‘AromaSpa Anti-Bacterial Soft Soak’ on a plastic manicure brush; scrub, rinse & dry the toenails of both feet.

**Step 3-3: Sanitize** – Sanitize all the toenails; spray on the Tammy Taylor Sanitize-Sanitize-Sanitize and clean the toenails off thoroughly; then dry.

**Step 3-4: Applying Polish** – Apply the polish to all the toenails, letting each coat of polish dry (about one minute), in between coats.

- Apply one coat of Tammy Taylor ‘Base Coat’ & let dry 30 seconds.
- Apply 1<sup>st</sup> coat of polish colour a little thinner.
- Apply 2<sup>nd</sup> coat of polish colour to cover completely, the first coat of Tammy Taylor polish colour.
- Let each polish colour coat dry about one minute.
- Apply one coat of Tammy Taylor ‘Top-Coat’, and let dry about 30 seconds to one minute.

#### **The Tammy Taylor ‘Base Coats’:**

- Tammy Taylor Milky Base Coat – for normal or hand nails
- Tammy Taylor Nail Hardener – for weak nails
- Tammy Taylor Ridgefiller – for nails with ridges

#### **The Tammy Taylor ‘Top-Coats’:**

- Tammy Taylor Z-Coat – non-yellowing top-coat
- Tammy Taylor Super Dry Top-Coat – fast drying top-coat
- **Helpful Hint:** Use a red sable nail brush dipped in acetone polish remover to clean up polish around cuticle area.

**Step 3-5: Apply oil** – Use the Tammy Taylor Conditioning Cuticle Oil to dry the polish on all toenails quicker.

**Available in 8 fragrances:** Giorgio, Opium, Poison, Beautiful, Peach, Vanilla, Coconut, & Gardenia; in a 4 oz. dropper bottle or a diamond-cut glass brush-on bottle.

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